



Newsletter from Program Director, Cassie Carlstrom

As our 4 year old classes (who are now great big 5 year olds) go off to kindergarten, we want to thank all of the parents for entrusting us with your children. It has been a privilege to have you and your child participate in the program. Families are what makes Head Start, Head Start Strong and we thank you for everything you do. Families are invited to come and enjoy a morning of activities and lunch to celebrate the end of the school year, Wednesday August 23rd from 9:00 to 11:30 a.m.

The new school year starts on September 5th. We are very excited about the new school year that is ahead of us. We are have a lot of exciting things we will be implementing. We are excited to have a new curriculum, that will be used in Early Head Start and Head Start. We have a *new school schedule: Early Head Start will start at 8 a.m. and dismiss at 3:30 p.m., Head Start will begin at 8 a.m. and dismiss at 3 p.m.* There will NOT be school on Fridays, this will be a day for the teachers to prepare for the following week, attend trainings on-site, and receive professional development.

Please remember there will be NO SCHOOL after the 23rd of August. This allows staff to attend in-service training and home visits

IMPORTANT DATES

August 23—Last Day of School, Family Celebration

August 17—Policy Council, 8:15 a.m.

August 29—Board Meeting, 10:30 a.m.

September 5th-FIRST DAY OF SCHOOL

HUMAN RESOURCES

August's employee of the month is Kaitlin Homan. Kaitlin has been with our program since July 2014. She started out as a substitute but moved into a full time teaching position July 2016.

Here are some of the nice things her co-workers had to say about her.

Kaitlin is a very good teacher and a hard worker!

Kaitlin received her CDA,
YEAH!

She is a great asset to LPHS
and will be missed when
she moves!

Kaitlin has accepted a
job at a Head Start in
Elko.

She will be moving
there to further her
education. We wish
her the best!

Kaitlin is a good teacher and we
will miss her.

**Employee
of the
Month**

HUMAN RESOURCES

SEPTEMBER 2017 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL HOURS: HEAD START: EARLY HEAD START:	8:00am - 3:00pm 8:00am- 3:30pm			1) TEACHER IN-SERVICE DAY ...NO SCHOOL
4) HOLIDAY	5) 1ST DAY OF SCHOOL	6)	7)	8) TEACHER IN-SERVICE DAY ...NO SCHOOL
11)	12)	13)	14)	15) TEACHER IN-SERVICE DAY ...NO SCHOOL
18)	19)	20)	21)	22) TEACHER IN-SERVICE DAY ...NO SCHOOL
25)	26)	27)	28)	29) TEACHER IN-SERVICE DAY ...NO SCHOOL



AUGUST NEWS LETTER
CHRISTINA BURDICK
FAMILY SERVICE MANAGER

For the month of July we had 6 children in Early Head Start with perfect attendance and in Head Start we had 3:

Keegyn Gummings
Harley Vial
Aquelyn Bohin

Lee Shaw
Xena Hallett
Xander Warrick

Charlie Kapac
Perzlyn Gummings
Perzton Wadham

In Early Head Start for the month of July **Ms. Amy and Ms. Jasmine's** class had the most in-kind. For Head Start **Ms. Mikka and Ms. Janelle** classroom had the most in-kind. Thank you to all the teacher and parents for turning in all of the home activities and reading logs, this helps a bunch. Also to all the parents that come in to the classrooms and donate their time.

The last day of school will be **August 23rd**. School will be starting back up **September 5th** at 8:00 am. Head Start classes will run from 8:00 am to 3:00 pm. Early Head Start classes will run for 8:00 am to 3:30 pm.

Positive Parenting

It shows kindness, not force.

It **TEACHES**, instead of makes demands.

It seeks to **UNDERSTAND**, instead of labels.

It **BOOSTS** up, instead of knocks down.

Most of all, it **MODELS** being the kind of person that I want my child to become.

It shows love, not control.



Home Based Super Heroes

August is here and soon, so will the end of our 2016-2017 school year be as well. Our themes this month are shapes and colors. I have shared with all of you that our Home Based Program will be ending this year so we will be busy transitioning all of our EHS kids into what will be their new classrooms for the new school year. I hope you have all enjoyed this year with me. I will miss our weekly visits but I am very excited to see your little ones in their new classrooms!

Important Dates To Remember

- August 9th and 16th are our last 2 Group Socializations. Both will be held in the FRR at 10 AM
- August 23rd is the last day of the 2016-2017 school year and we will be having a Play Day at LPHS. You are all invited to come help us celebrate!
- August 28th through September 1st will be home visits done with your child's new teachers.
- September 5th is the first day of our 2017-2018 school year

Parents

Below are Early Head Start's School Readiness Goals for August 2017. Please work on these goals at home with your child. Below the goals is a list of effective family practices for you to use at home with your child.

DOMAIN: APPROACHES TO LEARNING		
Goal: Children will demonstrate an ability to persist and be creative during age appropriate activities.		
Early Head Start Objective 2: By Spring 2018, infants and toddlers will use creativity as stated in specific goal as measured below:		
Young Infants: The children will meet or exceed the TSG Objective (33) of beginning to explore the visual arts.	Older Infants: The children will meet or exceed the TSG Objective (33) of exploring the visual arts.	Toddlers: The children will meet or exceed the TSG Objective (34) of exploring musical concepts and expression.
Effective Teaching Practices: <ul style="list-style-type: none">• Teachers will offer diverse, open-ended materials for children to explore. Include materials with different patterns, textures and colors.• Teachers will encourage children to explore various art media, tools and processes. Provide opportunities to draw, paint, print, stitch, and make collages.• Teachers will display the children's art creations attractively and prominently in the classroom, as much as possible at the children's eye level.• Teachers will include music and movement activities throughout the day. Use musical activities as you transition children from one activity to another. Include songs and movement activities as part of most large group activities. Sing or use musical instruments during outdoor activities.		

Effective Family Practices

- Families will volunteer in their child's classroom to better understand how to help their child increase their creativity in the visual arts and music concepts.
- Families will then use those skills at home to improve their child's creativity in the visual arts and music concepts.
- Families will attend Classroom Meetings to help understand their child's educational needs.
- Families will attend parent teacher's conferences to help the teacher set learning goals on the Individual Child Plan.
- Families will then work on these Approaches to Learning goals at home.
- Families will offer many different activities at home to increase their child's creativity.

Parents

Below is Head Start's School Readiness Goal for August 2017. Please work on this goal at home with your child. Below the goal is a list of effective family practices for you to use at home with your child.

DOMAIN: APPROACHES TOWARD LEARNING

Goal: Children will demonstrate an ability to attend and engage during age appropriate learning activities and to use creativity during dramatic activities.

Head Start Objective 2: By Spring 2018, preschoolers will use creativity as stated in specific goal as measured below:

Preschoolers: The children will meet or exceed the TSG Objective (36) of exploring drama through actions and language.

Effective Teaching Practices:

- Teachers will extend the play of children by encouraging additional scenarios. Provide props for exploration of different roles.
- Teachers will invite children to dramatize stories that you read. Read the story, calling attention to the setting, mood, characters and the plot. Provide puppets or other props for children to use to enact the story. Read the story a second time, pausing so children can act out the various parts.
- Teachers will encourage children to dictate stories to act out later. Send copies of stories home for children to enact with their families.
- Teachers will encourage children to build scenery and props for dramatization. For example, they might create house to act out The Three Little Pigs or make masks to dramatize three Billy Goats Gruff.

Effective Family Practices

- Families will volunteer in their child's classroom to better understand how to help their child increase their exploration of drama through actions and language.
- Families will then use those skills at home to improve their child's exploration of drama through actions and language.
- Families will attend Classroom Meetings to help understand their child's educational needs.
- Families will attend parent teacher's conferences to help the teacher set learning goals on the Individual Child Plan.
- Families will then work on these Approaches to Learning goals at home.
- Families will offer many different activities at home to increase their child's drama abilities.

August 2017
Health/Nutrition
News Letter
Joy Asher

August and its getting close to the end of our summer session. We are trying to make sure all of our children are up to date on all of their medical requirements. If you are not sure if your child is up to date please come see me. I can show you what we and the state have as long as the child's information is with the state. If you are new with us and from another state we will need some information only you can supply and you will be asked to provide us with that information. This is to insure we are compliant with the State of Nevada Child Care Licensing regulations. Please complete the packet you received for the new school year and if you have any questions PLEASE come talk to one of us in the office. I will be sending out notices for medical needs on your children throughout the year. I try to give you notice 60 days before the due date of the medical need and that again as the deadline gets closer as a reminder of the event, if you need help setting up an appointment please let me know and we will see what we can do for you. You will have 10 days after the event date to have the child seen by a Health Care Provider. If your child has immunizations that are coming due remember they cannot give your child shots before due date so when you make the appointment let the Health

Nurse or Doctor's office know the date the shots are due and they will work with you. If you need a form to see the Doctor or Health Nurse please come see me, I keep them on hand in my office located in the WIC building. There will be times when your child is not up to immunizations and your Health care Provider will not want to give them at that time, if this happens please get a note from your provider stating the reason vaccines are not done at the time of your visit and we will be covered for the state for a little while.

Please have your HealthCare provider note if your child has allergies or sensitivities to anything so we can keep track of it here at the school such as milk, nuts, fruits, vegetables or environmental. We try to accommodate food and health issues here at Little People's Head Start. And can only do that with your help. Please come see me if you have any questions or need a medical form for substitutions.

Thank you,

Joy Asher

Health/Nutrition Manager

BAKING POWDER BISCUITS

PREHEAT OVEN TO 450°

HAVE THE RACK IN THE TOP ½ POP THE OVEN

INGREDIENTS

2 cup Flour

1 Tablespoon Baking Powder

1 Teaspoon Salt

8 Tablespoons Butter cut into chunks (cold)

1 cup Milk (cold)

You may use a food processor or just your hands for this recipe the children can help. Mix your flour, baking powder and salt together. Using very cold butter add it in to the flour mixture until you have small pea sized bits of butter in your flour, it may even look like bread crumbs, don't over work it. Add the milk and pulse your food processor or using your hands fold it together but do not over mix, they will become tough. Moosh up the dough but don't be too rough on it. Pat into a smooth round about a ½ to 1 inch thick. Use a biscuit cutter or thin lipped glass and cut into 2 to 3 inch rounds. Place on an ungreased cookie sheet and place in the HOT oven for 10 minutes or until golden brown. Serve warm with butter, honey, jam or gravy

You can make these into Buttermilk Biscuits just by changing the Milk to Buttermilk.

Let's Eat Out! Healthful Fast Foods

Does your family eat fast food often? If so, try to be smart about fast food choices. Here's why.

Most fast food meals and snacks are:

- High in fat, calories, sodium.
However, you need to limit these.
- Low in fiber, calcium, other nutrients.
However, you need to get enough of these.
- Short on fruits, vegetables, or calcium-rich foods (like milk).
However, you may need more of these.

Super-size fast foods may not be a good deal

Instead, big portions may:

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.



Check (✓) what you do already.

Circle (○) what you can try right away.

Add your family's ideas.

Choose smaller portions.

- Look for small and regular-size foods. For a young child, even a small portion may be too much.
- Decide how to handle the portion before ordering. Split it with your child.
- Skip value meals. They may provide more food than your family needs.

Choose more bone-building calcium.

- Drink milk with fast food.
- Order cheese on a burger or sandwich.
- Buy yogurt if your family likes it.

Choose less added sugars.

- Skip soda. Order milk, juice, or water.
- Order a regular, not super-sized, soda.
- Skip fruit pies. Bring an apple, banana, or grapes for something sweet to eat.



Preventing the Flu: Good Health Habits Can Help Stop Germs

1. Wash your hands often.

Frequently wash your hands and the hands of children with soap and water. Proper handwashing continues to be the best method for preventing the spread of illness.

2. Stay home when you are sick.

Do not leave your home when you are sick, except to seek medical care. You will help prevent others from catching the illness.

3. Cover your mouth and nose.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

4. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

People who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and other symptoms, such as body aches, nausea, vomiting, or diarrhea, should contact their health care provider. A health care provider can determine whether influenza testing is needed.



Preventing the Spread of Illness

Given the recent news of the swine flu, it is a good time raise awareness about the importance of basic hygiene practices to keep ourselves and those around us healthy. Now is not a time to panic. Instead, this is a time to remind us of ways to stay healthy and prevent the spread of all illness, including the swine flu.

The US Centers for Disease Control (CDC) has identified human cases of swine influenza A (H1N1) virus infection in California, Texas, Ohio, Kansas and New York. The CDC is working with local and state health agencies to investigate these cases. It has been determined that this virus is spreading from human to human.

Mexico has reported increased levels of respiratory disease including reports of severe pneumonia and deaths as a result of the swine flu virus. The CDC has determined that the swine flu virus from cases in Mexico is similar to the swine flu virus from patients in the United States; however, the illness has not been severe in the limited number of patients identified so far in the US, with only one hospitalized person. The CDC and the World Health Organization are urging everyone to do their part in controlling the spread of this virus. For child care providers, it is important to:

- Remind parents of sick-child policies and ensure staff members enforce these policies.
- Remind caregivers not to come to work while ill.
- Remember that a child may be infectious for up to 10 days after influenza onset, while adults are generally infectious for 5-7 days.
- Contact local health authorities or child care licensing agencies to review local plans for illness outbreaks or to report suspected cases.
- Develop and implement a system to track illnesses and absence due to illnesses among children and staff. The system should be simple and easy to maintain. The system should record the number of persons with various illnesses (e.g. respiratory, diarrhea, rash) by day or at least by week (see Caring for Our Children Standards 3.001 and 3.002 for information <http://nrckid's.org/CFOC/PDFVersion/Chapter%203.pdf>).
- Review and implement *CDC Guidelines and Recommendations for Preventing the Spread of Influenza (the Flu) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff* (<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>).
- Make sure staff are familiar with the above CDC guidelines and that they are followed in your program. Remind child care staff to clean/disinfect frequently touched surfaces in the facility.
- Provide information to parents on flu prevention (the attached fact sheet can be distributed to parents or posted in the facility / home).
- Monitor the postings on the CDC website about viruses and other public health risks for possible closure or changes in operation. Specific information can be found at www.cdc.gov/swineflu.

Child care and preschool programs can help protect the health of their staff and the children and families they serve by calling attention to routine preventative practices (e.g., hand washing, sanitization and exclusion policies). Please consider posting the flyer (on the back side of this page) in your child care facility or distributing the flyer to staff and parents.

More information on preventing the spread of influenza can be found at <http://www.pandemicflu.gov/plan/school/preschool.html>. Additional generic planning information for schools, including examples of state and local plans, can be found on the Department of Education's website at: <http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/index.html>

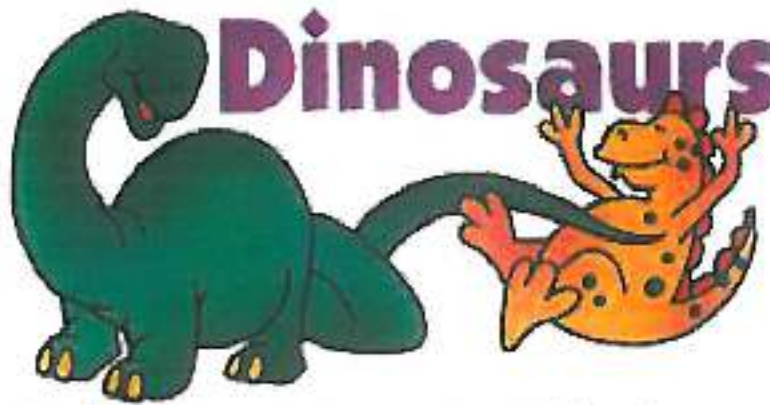
Nationally Quality Assured by Child Care Aware®



It's the cold & flu season,
so be sure to
wash your hands!



Smashing Dinosaurs



MS. MIKKA &
MS. JANELLE



The children will be learning about outer space and camping. We will be having a water day Aug 4 and 11. We also will be taking a end of the year field trip to economy drug and the library on Aug 18. Please feel free to join us.



Socializations:

8/18- field trip

8/23- moving up day

Parent Meeting 8/11

Last day of school is August 23.

Have a great Break!

field trip



Sea Creatures

MS. KATHLYN

&

MS. KATLIN



This month we are focusing on transitioning our children to their new teachers and routines. Our children have been enjoying going into Ms. Mikka's room for circle time and free play, as well as, the big playground. This month we will be trying to spend our playground time and some class time in Head Start.



Thank you families for working with us throughout the past two years. We have enjoyed getting to know all of you. We will miss you. We will miss the kids more though. Thanks again for making our first class a great class.



thank you!

Little



Ms. Morgan

&

Ms. Tami

Cubs

This month we are using our imagination for our imagination station theme. We would like to thank all the parents for their time throughout the year. We are sad this year is coming to an end. Ms. Morgan has been with these kids for the last 3 years and she will truly miss them. Ms. Tami has enjoyed being with these amazing children for the last 6 months and will miss them. We would like to invite our parents to our moving up day August 23. We will provide more detail in the next week or so.



Thanks again for all that you have done for your children while they have been with us at school.



THE EXPLORERS

This month is about change. We will be working on transitioning to our new classes. We will be visiting our friends in the other buildings during activities and outside play. As part of the transition it helps to have something familiar if you haven't already please bring it in. We would love to have the All About Me posters in our classroom. We would like to thank our volunteers and encourage you to volunteer in the classroom. Our school readiness goal is exploring musical concepts and expressions.



August 23 last day of school party

Sept 5 school starts for the new year in our new classroom



ALL HANDS
VOLUNTEERS

Ms. Alisha & Ms. Kirstan



Miss Shana

&

Miss Esther

Bumble Bees

For the month of August our kids will learn all about transportation. Our kids will learn about cars, boats, trucks, and buses. We will teach them about the sound of a car, boat, truck, etc. This month teachers will be singing "The Wheels on the Bus" and "I'm a little Airplane."



The Wheels on the BUS

Folk song

The wheels on the bus go round and round, round and round, round and round, The wheels on the bus go round and round, All through the town.

bethanotes.com

2. The driver on the bus says, "Move on back!..."
3. The people on the bus go up and down ...
4. The horn on the bus goes toot, toot, toot ...
5. The wipers on the bus go swish, swish, swish...
6. The baby on the bus goes, "Wah, wah, wah..."
7. The mother on the bus goes, "Sh, sh, sh..."



MS. AMY
&
MS. JASMINE

Please bring shoes and socks for your child. We go outside daily and it is important that they keep their feet safe. We would like some help during breakfast time. If you are able to stay from 8-9 am. Please volunteer



in the classroom. We are working on using soft hands in the classroom and gentle touches. The children are learning self expression and it is important to start early; ideally when they just start out.



There will be no school from August 24-Sept. 4 for staff training and home visits.



Extended Day



This month is the last month of the school year for 2017. We have learned a lot and had lots of fun together! Moving up students: Bently, Chase and Lisa. Congratulations and we have enjoyed having you with us! Thanks a million to all the EHS teachers for helping our class everyday.



Theme of the month: Recycling

We will learn about how to reuse and recycle things from our home and turn them into fun activities.



Ms. EL



The WIC Farmers' Market Nutrition Program Is Here!!!

- The WIC Farmers Market Nutrition program provides \$30 in coupons per eligible participant to buy fresh fruits and vegetables at Northern Nevada Farmers' Markets.
- EACH eligible participant in a household will receive coupons.
- Coupons can be spent with any WIC authorized farmer in Northern Nevada.

Ely Farmers' Market
Renaissance Village
400 Ely Street

Saturdays 10:00-2:00

August 26, Sept. 2, Sept. 9

Make half your plate Fruits and Vegetables!

Eating a diet rich in fruits and vegetables is an important part of healthy living. Fruits and vegetables are good sources of many essential nutrients such as Vitamin C, Vitamin A, potassium, and folic acid. They are also generally low in fat, calories and sodium, but high in fiber-

SO EAT UP!





....Dedicated to Helping
Children and Families in Need!

Scheduled events:

Cribs for Kids Class: Helping every baby sleep safer. Friday's at 10:00 (class participation gift given).

Play/Social Group: Thursday's at 10:00. Bring your infant, toddlers, children and enjoy a fun time of socialism and activities.

Clothes Closet: Come check out the newly donated gently used clothing....Sizes newborn to 6/7

Baby Basics Class: Swaddling, breast/bottle feeding, diapering, bathing, umbilical cord care, starting solids and how to soothe a crying infant will all be covered). All participants will have the knowledge and skills to confidently care for their infant.

Services/Programs:

Family Advocacy: Individualized family support in developing health, independence, and self-sufficiency.

Referrals and Information: Each year we receive more than 9,500 calls for assistance from families residing in Northeastern Nevada. We connect these families and individuals with community services, businesses, etc.

Women, Infants and Children (WIC): Nutritional education and supplemental food for low income families.

Breastfeeding Support & Information: Help and resources for breastfeeding women.

Clothes closet, Car seats (\$20 donation), Gas Cards (use for travel to medical/dental appointment), **Parenting Classes** (starting soon)

Grandparent Respite: Childcare payments for those over the age of 55 raising their grandchildren without any help from the natural parents.

Teen Health Education: Medically-accurate, evidence-based education programs, for adolescents and teens, aged 9-18, proven effective in reducing the risk of HIV, STDs and Teen Pregnancy (held in Lily by Elko FRC).